

# WHEATON HEALTH AND WELLNESS NEWSLETTER

Issue 9 September 2016

## *September is National Food Safety Month* **Food Safety Basics from Eating Well**

### **Be Smart—Keep Foods Apart**

Food-borne illness can be spread when bacteria-infected uncooked foods come in contact with cooked or ready-to-eat foods, such as fruits and raw vegetables.

Avoid cross-contamination by having at least two cutting boards, one for meat or fish and another for fresh produce.

### **Storage**

Get the perishables in your refrigerator or freezer ASAP.

Never store eggs, milk and the like on your refrigerator door, which is the part of the fridge with the greatest temperature fluctuations.

We recommend setting your refrigerator temperature control for 40°F, and using the door for storing ketchup, mustard and convenience products that are not so easily subject to spoilage.

Freezing: It's recommended that your freezer be kept at 2°F for safe frozen-food storage.

### **Preparing to Cook**

Defrost food in the refrigerator or the microwave to deter bacterial growth. Leaving it out at room temperature to defrost does the opposite.

Before you begin cooking, wash your hands with soap under warm water for at least 20 seconds (about as long as it takes to sing the chorus of "Jingle Bells").

Rinse off fruits and vegetables under cool running water. But despite what your mother may have taught you, it's not wise to rinse off poultry, meat or fish. The bacterial contaminants can only be killed at temperatures above 160°F, far hotter than the hot water in our homes. Rinsing only allows for random splashes—and thus cross-contamination of counters and cabinets.

Unwrap meats and fish in the sink and leave them in their container or paper until you're ready to use them. Immediately throw out the container or paper; never reuse it.

Avoid cross-contamination by having at least two cutting boards, one for the meat or fish and another for fresh produce.

For more myths and facts about food safety, go to:

[www.foodsafety.gov](http://www.foodsafety.gov)

[www.fightbac.org/food-safety-education/home-food-safety-mythbusters/](http://www.fightbac.org/food-safety-education/home-food-safety-mythbusters/)



**Wheaton Franciscan Healthy Connections™**

## Add these 5 habits to start your weight loss!



### Enjoy a healthy breakfast (but not too much)

Make a breakfast wrap with eggs, veggies and a whole-grain tortilla. Or grab a piece of fruit or low-fat yogurt on the go.



### Eat vegetables (4+ servings) & fruits (3+ servings)

Look for ways to incorporate produce with other foods, such as salads, soups, sandwiches or casseroles.



### Eat whole grains (whole-grain bread, oatmeal, etc.)

When food shopping, look at the label for ingredients such as "whole wheat" or "whole oats."



### Swap in healthy fats (olive oil, nuts, avocado)

These heart-healthy fats should be consumed sparingly to better manage weight.



### Move (walk or exercise for 30+ minutes every day)

Do what you can! Even three 10-minute periods of brisk walking over the course of the day can offer benefits.

Practice These 5 Habits  
for Weight-Loss Success »

## Flu Activity

### What sort of flu season is expected this year?

It's not possible to predict what this flu season will be like. While flu spreads every year, the timing, severity, and length of the season varies from one year to another.

### Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. For more information about how flu viruses change refer to CDC website. [www.CDC.gov](http://www.CDC.gov)

### Will the United States have a flu epidemic?

The United States experiences epidemics of seasonal flu each year. This time of year is called "flu season." In the United States, flu viruses are most common during the fall and winter months. Influenza activity often begins to increase in October and November. Most of the time flu activity peaks between December and March and can last as late as May. CDC monitors certain key flu indicators (for example, outpatient visits of influenza-like illness (ILI), the results of laboratory testing and flu hospitalization and deaths). When these indicators rise and remain elevated for a number of consecutive weeks, flu season is said to have begun. Usually ILI increases first, followed by an increase in flu-associated hospitalizations, which is then followed by increases in flu-associated deaths.

## Protective Actions

### What should I do to protect myself from flu this season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. The inactivated influenza vaccine will be offered at the health center starting October see flyer for flu clinic dates.

In addition to getting a seasonal flu vaccine, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

### Are there new recommendations for the 2016-2017 influenza season?

On June 22, 2016, CDC's Advisory Committee on Immunization Practices (ACIP) voted that the live attenuated influenza vaccine (LAIV) "Flu Mist" should **not** be used during the 2016-2017 flu season. ACIP continues to recommend annual flu vaccination for everyone 6 months and older.

### What flu viruses do this season's Northern Hemisphere and Southern Hemisphere vaccines protect against?

There are many flu viruses and they are constantly changing. The composition of flu vaccines for the United States is reviewed annually and updated to match circulating flu viruses.

**SOURCE:** [www.CDC.gov](http://www.CDC.gov)

# Pineapple Chicken Satay

## Ingredients

1/4 cup lower-sodium soy sauce  
1/4 cup sweet chili sauce (such as Mae Ploy)  
1/4 cup natural-style, crunchy peanut butter  
2 teaspoons peanut oil  
1/2 teaspoon curry powder  
1 pound chicken breast tenders, cut lengthwise into 8 pieces  
Cooking spray  
1 1/2 cups diced pineapple  
1/3 cup vertically sliced red onion  
2 tablespoons chopped fresh cilantro  
2 tablespoons fresh lime juice  
1/8 teaspoon ground red pepper

Yield: 4 servings

serving size: 2 skewers, about 1/3 cup pineapple mixture, and about 3 tablespoons soy sauce mixture

**Total time: 20 Minutes**



## Nutritional Information (Amount per serving)

Calories 330  
Fat 11.9 g  
Saturated Fat 1.8 g  
Monounsaturated Fat 5.4 g  
Polyunsaturated Fat 3.4 g  
Protein 31.2 g  
Carbohydrate 22.7 g  
Fiber 2.2 g  
Cholesterol 66 mg  
Iron 1.4 mg  
Sodium 528 mg  
Calcium 28 mg

## Preparation

1. Combine the first 3 ingredients in a bowl, stirring with a whisk.
2. Place peanut oil, curry powder, and chicken in a bowl; toss to coat. Thread chicken onto 8 (6-inch) skewers.
3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes on each side or until chicken is done.
4. While chicken cooks, combine 1 1/2 cups pineapple, 1/3 cup red onion, 2 tablespoons cilantro, 2 tablespoons lime juice, and 1/8 teaspoon ground red pepper. Serve chicken with soy sauce mixture and pineapple mixture.

## September Word Search

Q R B O K Q Y K A W T E L E V I S I O N  
 O T E L U D E H C S P U Z Z L E S T U S  
 N B E M I T D E N G I S S A P F V K T L  
 D U S T R E S S M A N A G E M E N T S L  
 D I R B W M O O R C E R B T N K X C I I  
 M E N S U I R X W B Y L S R R K O N D K  
 B L X N I V P S F K C I U E E M I O E S  
 R O N P E N P R C S P P H N M A W I A G  
 E O L D R R G A O A L A D U C R K T C N  
 A H I O Y E N E R C B O N C E H S A T I  
 K C G H S S S A D G E I C A I E Z X I P  
 F S H Y E W E S R U T S D A M Z E A V O  
 A R T G N H I O I Y C I S A L S C L I C  
 S E S I T D U M M V N A G G I N R E T J  
 T M O E F P Q E M G E D T C R O E R I C  
 W M U N J E E U S I R G R I P O T W E T  
 Y U T E I T H D I A N E R E O S U N S D  
 X S U V I U R P O E X G S O E N Y P P F  
 V N O N E A Y B T E T V R R U D Z J W M  
 O M G P C V I S I T A T I O N P G S K T

ACTIVITIES

ASSIGNED TIME

BOARD GAMES

BREAK

BREAKFAST

CARDS

COMMUNITY MEETING

COPING SKILLS

DINNER

EXERCISE

EXPRESSIVE GROUP

HYGIENE

LIGHTS OUT

LOCAL NEWS

LUNCH

MOVIE

NURSING EDUCATION

OUTSIDE

PROCESS GROUP

PUZZLES

QUIET

READING

REC ROOM

REHAB GROUP

RELAXATION

REST

ROPES

SCHEDULE

SNACK

STRESS MANAGEMENT

SUMMER SCHOOL

SWIMMING

TELEVISION

THEARAPIST

VISITATION

**Racine County City  
Health Center**

**Call 262-687-8640 to make your appointment**

Visit us:

Monday 7:00 am-3:30 pm

Tuesday 8:00 am - 4:30 pm

Wednesday 10:30 am - 7:00 pm

Thursday 8:00 am - 4:30 pm

Friday 7:00 am - 3:30 pm

Flu Vaccine  
Clinics start-  
ing soon.

**3805 Spring St  
WPOB-A Suite 210  
Racine, WI  
262-687-8640**

**Wheaton Franciscan Healthcare Spring Street campus in the Racine  
Room**

**4:00-5:30pm**

**September 22, 2016—Dr. Marc Kennedy & Anne Stoltenberg NP - Pre-  
ventative Screenings**

**November 1st, 2016—Pam Hauke—Stress Management presentation**



**Wheaton Franciscan Healthcare**